

## ABSTRACT OF THE DISCLOSURE

In an optical recording apparatus having an optical pickup, a rotating section is provided for rotating an optical disk which is formed thereon with a guide groove to define a spiral track having a plurality of rounds. The optical pickup has a light source for generating an optical beam and a diffractive grating for diffracting the optical beam to form a main beam and a pair of sub beams opposite with each other relative to the main beam. The optical pickup is operable for irradiating the main beam to the spiral track with accompanying the pair of the sub beams along apposite sides of the spiral track. A servo section operates the optical pickup to enable the main beam to trace the spiral track based on a tracking error signal derived from return lights of the sub beams reflected back from the optical disk. A recording section modulates the main beam for recording of information onto the spiral track while the optical disk is rotated. A control section controls recording of information each cycle the optical disk is rotated such that the recording of information is enabled to fill one round of the spiral track and disabled to blank another round of the spiral track so as to alternate the filled rounds and the blanked rounds.